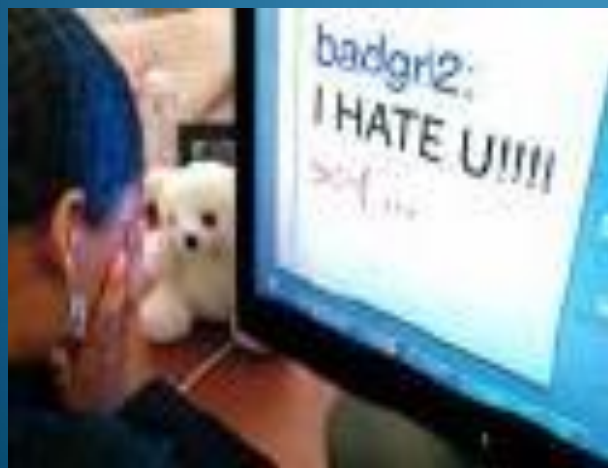




School Bullying

By Lesley Swartz



What is Bullying?

- The Virginia Department of Education (VDOE), defines bullying:

“Using *repeated* negative behaviors *intended* to frighten or cause harm. These may include, but are not limited to verbal or written threats or physical harm” (2009)

- Typically three indicators:
 - Repeated
 - Harmful Intent
 - Imbalance of Power



It's Not Harmless Child's Play

- Approximately 30% of students within the United States either have been the victim of a bullying incident or have bullied another student.
- 60% of students who were characterized as bullies in grades 6-9, had one or more criminal convictions by the age of 24.
- Approximately 160,000 students stay home each day to avoid a bullying situation at school.
- 25% of school personnel see most bully situations as a part of growing up.



Primarily Three Types

- Physical: (ex. kicking, punching, hitting)
- Verbal: (ex. teasing, name calling, verbal threats)
- Relational: (ex. Social isolation, gossiping, ostracizing, the silent treatment, intimidation) *

*Relational or Indirect bullying gets the least amount of attention, but can often be the most severe.



More Than One Victim

- The bullied student** is more likely to experience a decrease in academic performance, attendance, and self-esteem.
- The bully** is more likely to smoke, drink alcohol, use drugs, engage in criminal behavior, drop out of school, work menial jobs, raise children who bully.
- The bystander** (very influential) may experience guilt, fear, anger, confusion, and a decrease in school concentration.

School Counselor's Role

- Classroom education on bullying:

- Classroom surveys
- Classroom discussion
- Character education



Many students are not taught basic character education in the home. (ex. Respect, Integrity, Caring, Citizenship, Internal Locus of Control- being responsible for your own behavior)

How can You help?

Get Involved:

- Know your students
- Become aware of the school norms
- Excuse your class from the door to be present in the hallways
- Talk about it!!!

Watch for electronic usage in class


Encourage students to tell an adult n adult (many are afraid of becoming a target)

Establish expectations and Be consistent

Encourage leadership:

- Encourage Mentoring
- Allow students to teach and tutor others
- Partner students together





“No one can make you feel
inferior without your consent”.

–Eleanor Roosevelt

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